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Weekly Bulletin

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GUY P. JONES
EDITOR

*Nutrition and Health and the Price of Milk**

By JAMES A. TOBEY, Dr. P. H., F. A. P. H. A.

Although pure milk is recognized as our most important food, and has been shown by a long series of brilliant scientific investigations to be nutritionally superior to all other foods, the consumption of milk in the United States is far below the acknowledged standards of an adequate diet at a reasonable cost for all people.

Milk consumption in this country should be increased by at least 70 per cent, an increase which would unquestionably result in a general improvement in national vitality.

Mass studies on milk consumption in various parts of the world, including carefully controlled tests on nearly 25,000 school children in Scotland, and observations on the diets of native tribes in Africa, have demonstrated the beneficial effects of higher milk consumption on physical welfare. There is also scientific evidence that liberal amounts of milk in the diet are conducive to life prolongation.

Better education of the public as to the merits of pure milk in the diet would help to promote an increase in the consumption of milk and other healthful dairy products. Such educational efforts would serve to make the people conscious not only of the necessity of milk, but also of its real economy as a food.

Although the demand for milk has not kept pace

with the supply since 1929, the decrease in milk consumption has been less marked than in the case of many other products affected by the depression.

Two-thirds of the retail cost of milk, which now averages about 11 cents a quart in this country, is devoted to compensation of human labor, including the farmer, although the expenses of the farmer also include the costs of feed and other supplies. The wage scale in the dairy industry has been maintained at a high level throughout the depression.

The actual profit on a quart of milk sold is only a very small fraction of a cent. An investigation of the profits of 19 milk dealers in New York City revealed that in August, 1933, they had to sell 143 quarts of milk to make one cent profit.

The actual expenditure for milk by the American people is now only about one-tenth of the average food budget. The amount of milk could be doubled without increasing the daily expenditure for food.

All factors considered, milk at its present price, or at double that price, is an economical food, worth not 11 cents, but nutritionally at least 18 cents a quart.

The solution of the economic problem of the dairy industry is not through a decrease in production, but by an increase of consumption of milk and dairy products, an endeavor which deserves the active cooperation of all public health, welfare, food, and dairy officials, and of physicians and dietitians generally.

* Abstract of paper presented before the American Public Health Association, Pasadena, California, September 4, 1934.

THE TEACHER'S PART

Under the above title, Dr. R. C. Main, health officer of Santa Barbara County, has written the following appraisal of the importance of the grammar school teacher in the school health program:

"In the grammar schools of our county, the classroom teacher occupies the central position in the school health program. Her understanding and energetic participation are the most essential factors. She is the connecting link between the physician, dentist and nurse on the one hand, and the home on the other. Her daily morning inspection of the children, though informal, is thorough enough to reveal the early signs of disease and opens many opportunities for health lessons. Her constant observation of the pupils discloses many traits, habits and behaviorisms not readily discoverable by nurse or physician at their periodic visits. The records of attendance, kept by the teachers in Santa Barbara County for the past three years, show causes of absence from school—information which may be of the greatest value to the physician as, for instance, when frequent 'colds' are found to occur in a child who is 'positive' to the tuberculin test. Through the teacher, also, the health specialist learns of the status and needs of the family, how thorough their understanding, what reasons there are for damaging habits and wrong attitudes. At the same time she must know what the physician's findings mean and must stimulate the family to act upon the advice given with an appreciation of the principles involved. The nurse in her home visits can assist greatly in interpreting to the mother the meaning and purposes of the program, but the teacher, into whose care the child comes day by day, must vitalize and motivate the whole scheme and make it effective through the child's work and play in the school.

To do this the teacher should be on hand when the examinations are made, so that her information about each child may be first hand and she may discuss with the physician the significance of any finding which comes to light. In several of our graded schools in Santa Barbara County the principals have recognized the importance of the teacher's presence and have arranged that she be relieved of class work in order that she may attend. This does not mean that diseases and defects are to be overemphasized in the child's presence. Let it be an appraisal of his assets as well as of his liabilities, and a means of stimulating a desire to increase those assets. But the stimulation must not cease with the completion of the examination. The teacher must utilize this knowledge of each child in her classroom. It is essential to her understanding of his physical, mental and emotional needs and possibilities, and should guide her day by day in planning his scholastic progress and social adjustments."

U. S. C. OFFERS PUBLIC HEALTH COURSES

Public health legislation and laws pertaining to sanitation, prevention of disease, and phases of hygiene is a featured course of instruction offered by the University of Southern California school of government, civic center division, during the fall quarter which starts September 24, according to an announcement by Dean Emery E. Olson.

Conducted by Dr. Wendy Stewart, member of the Royal College of Surgeons of England and of the California Bar, the course will include study of law and liabilities of departments of government effecting housing, sanitation, industrial hygiene, child welfare, eugenics and vital statistics.

More than 2000 public officials and employees have been among those attending past sessions of the U. S. C. civic center school with curricula leading to bachelors and masters degrees in public administration. Late afternoon and evening classes in the City Hall include thirty-nine subjects specializing on recreation, government affairs, public relations, accounting and costs, social welfare and probation subjects; also public law, engineering, chemistry and geology as well as real estate appraisals.

Included in the nine additions to the faculty of the civic center division this quarter are: Harry F. Scoville, director of the Bureau of Efficiency of Los Angeles County; George Hjelte, superintendent of the Playground and Recreation Department for the City of Los Angeles; Paul Brainard, vocational consultant, Clark Hallam, lecturer in commerce, Dr. Carlton C. Rodee of Yale University and Dr. Franklin C. Sewell, former holder of the Carnegie fellowship in international law.

The majority of the classes meet from 5.40 to 8 p.m. Headquarters for the civic center division of U. S. C. are located in the Wilson Building, First and Spring streets.

DR. HOWITT SUCCEEDS DR. KUSER

Dr. H. C. Howitt of San Rafael has been appointed health officer of Marin County to succeed Dr. J. H. Kuser, whose death was announced recently in this publication.

Dr. M. J. Crisp has been appointed city health officer of Benicia to succeed Dr. P. B. Fry, who died recently.

War is expensive, but not half as expensive as disease—in cash or lives. But war makes a big impression because war is spectacular and is so thoroughly advertised.—H. W. Hill, M.D.

MORTALITY TRENDS SINCE 1900 *

By LOUIS I. DUBLIN, Ph.D., New York City

The progress of the public health movement in the United States since the beginning of the century can best be measured by the fact that about 600,000 fewer deaths now occur each year than would have occurred if the health conditions of 1900 had continued to prevail. Mortality has been reduced 30 per cent in a little over 30 years. This is the outstanding result of a comparison of the death rates prevailing in the original death registration States at the beginning of the century with those recorded in recent years. For every 1000 of the population, five more survive each year under present conditions who would have died under the old regime.

This improvement in mortality has been achieved almost altogether among persons under 45 years of age, and more particularly among infants and children. The greatest accomplishment has been the increased control over the communicable diseases, chiefly tuberculosis, pneumonia, typhoid fever, and the diseases peculiar to infancy and childhood. Diphtheria and scarlet fever, which at the beginning of the century were a real menace to child life, are now well on the road to extinction. Measles and whooping cough have also been greatly reduced. The result of these and other improvements in mortality has been to add 11 years to the expectation of life at birth and even as many as 4 years to the expectation at age 20.

After age 55, the net saving in mortality has been practically nil. No headway has been made since 1900 in the fight against the chronic diseases of the more advanced age periods, namely, cancer, diabetes and the diseases which affect the heart, blood vessels and kidneys. In fact, among persons of advanced age, almost twice as many deaths in a unit of population are attributed to these diseases today as in the early years of the century. In part, this increase is due to improved diagnosis and better methods of reporting. But an actual increase is, nevertheless, in evidence above and beyond this improvement in statistical technique. The success of the campaign for the improvement of the public health in the future will depend in large measure upon further progress in the curtailment of the diseases of middle life.

* Abstract of paper presented before the American Public Health Association, Pasadena, California, September 4, 1934.

Work done to secure better physical conditions, both in school and at home, is probably as significant for the morality of children as is any instruction that is given.—George D. Strayer (1932).

A MARTYR TO BAD CITIZENSHIP

Under the above title, the Westchester, New York, county health department reports the death of a child in New York City from rabies. The title is appropriate and many California communities, through lack of control over dog populations, place themselves in positions that may subject them to similar censure. It is remarkable that so few cases occur among human beings in California, when the disease is so prevalent in the dog populations within certain sections of the State.

When bites by rabid dogs are distant from the face, the disease can usually be prevented by applying treatment immediately. If the bite is on the face, however, there is less certainty. Once the disease becomes established there is no remedy and death is sure. There are still individuals in California who claim that there is no such disease as rabies. Nevertheless, the disease is widespread among dogs in some sections of California and wherever public opinion will not permit the control of rabies, bad citizenship can be charged justly should a human case occur within such communities.

BOTTLED WATER MUST BE CLEAN

To compare city water with bottled water, the Los Angeles Department of Water and Power recently took samples in office buildings. Both city and bottled water were analyzed, and the bottled samples averaged 1,725 bacterial count per cubic centimeter, against 55 for the city water.

These results were published in the pamphlet that goes out every month with water bills, to show that city water is safe.

Good spring or distilled water may be low in bacterial count when put into a bottle, but be contaminated by faulty methods in cleaning bottles or handling, or by dirty ollas and coolers.

To make a good product in this industry, like every other, is one thing, and to deliver it in good condition is another.

City water is under constant chemical supervision, and bottled water should likewise be supervised, and chemically and bacteriologically tested.—Chemistry and You.

How necessary health is to our business and happiness, and how requisite a strong constitution, able to endure hardship and fatigue, is, to one that will make any figure in the world; is too obvious to need any proof.—John Locke (1690).

MORBIDITY**Complete Reports for Following Diseases for Week Ending
September 8, 1934****Chickenpox**

36 cases of chickenpox have been reported, as follows: Berkeley 3, Humboldt County 2, Los Angeles County 3, Los Angeles 1, Merced County 4, Orange 1, San Diego County 1, National City 2, San Diego 2, San Francisco 6, San Luis Obispo County 1, Santa Barbara County 4, Palo Alto 1, Fillmore 4, Davis 1.

Diphtheria

15 cases of diphtheria have been reported, as follows: Alameda County 1, Oakland 1, Butte County 1, Los Angeles County 2, Los Angeles 5, Montebello 1, San Diego 1, San Francisco 2, Santa Clara County 1.

German Measles

3 cases of German measles have been reported, as follows: Bakersfield 1, Pasadena 1, Santa Ana 1.

Influenza

13 cases of influenza have been reported, as follows: Los Angeles 5, Pasadena 1, Redlands 2, San Diego 2, San Francisco 2, San Joaquin County 1.

Malaria.

One case of malaria from Fresno has been reported.

Measles

24 cases of measles have been reported, as follows: Humboldt County 1, Los Angeles County 2, Alhambra 1, Arcadia 1, Glendale 1, Glendora 1, Los Angeles 3, Santa Monica 1, Torrance 1, Sacramento 1, San Diego 1, San Francisco 3, San Jose 1, Sierra County 1, Stanislaus County 1, Tulare County 1, Exeter 1, Ventura County 1, Woodland 1.

Mumps

39 cases of mumps have been reported, as follows: Alameda County 1, Berkeley 4, Humboldt County 4, Los Angeles County 2, Los Angeles 2, Sacramento 3, San Diego County 1, National City 1, San Francisco 20, San Luis Obispo 1.

Pneumonia (Lobar)

23 cases of lobar pneumonia have been reported, as follows: Oakland 2, Eureka 1, Los Angeles 4, Pasadena 1, Marin County 1, Sacramento County 1, San Diego County 2, San Diego 2, San Francisco 4, San Joaquin County 4, Santa Paula 1.

Scarlet Fever

73 cases of scarlet fever have been reported, as follows: Pleasanton 1, Fresno County 2, Fresno 1, Eureka 2, Kern County 1, Hanford 1, Los Angeles County 7, Alhambra 1, Huntington Park 1, Los Angeles 12, Pomona 1, San Fernando 2, Whittier 2, South Gate 3, Orange County 1, Santa Ana 1, Placer County 1, Sacramento 1, Chino 1, San Diego 1, San Francisco 5, San Joaquin County 11, Santa Barbara County 1, Santa Barbara 1, Santa Clara County 3, San Jose 1, Sutter County 1, Tehama County 1, Exeter 1, Ventura County 1, Oxnard 1, Yolo County 1, Woodland 1, Yuba County 1.

Smallpox

No cases of smallpox have been reported.

Typhoid Fever

10 cases of typhoid fever have been reported, as follows: Fresno 1, Imperial County 2, Kings County 1, Los Angeles 2, Monterey County 1, Ontario 1, Suisun 1, Tulare 1.

Whooping Cough

120 cases of whooping cough have been reported, as follows: Berkeley 1, Oakland 1, Gridley 3, Humboldt County 4, Bakersfield 1, Los Angeles County 5, Beverly Hills 3, Glendale 2, Long Beach 1, Los Angeles 13, Pasadena 5, Santa Monica 2, South Gate 1, Orange County 1, Anaheim 1, Santa Ana 1, Placentia 2, Sacramento 4, Redlands 3, San Diego County 1, Oceanside 3, San Diego 4, San Francisco 9, San Joaquin County 3, San Luis Obispo County 4, San Luis Obispo 2, Lompoc 1, Santa Barbara 2, Santa Maria 23, Gilroy 2, Palo Alto, San Jose 2, Vallejo 1, Tehama County 6, Tulare County 1, Oxnard 1.

Meningitis (Epidemic)

One case of epidemic meningitis from Placerville has been reported.

Dysentery (Amoebic)

3 cases of amoebic dysentery have been reported, as follows: Oakland 1, Richmond 1, Merced County 1.

Dysentery (Bacillary)

5 cases of bacillary dysentery have been reported, as follows: Los Angeles 3, Pasadena 2.

Poliomyelitis

55 cases of poliomyelitis have been reported, as follows: Albany 1, El Dorado County 1, Fresno County 5, Fresno 3, Kern County 1, Bakersfield 2, Los Angeles County 6, El Segundo 1, Huntington Park 1, Long Beach 2, Los Angeles 20, Pomona 1, Whittier 1, Torrance 2, Merced County 1, Monterey County 1, Orange County 1, San Bernardino County 1, San Francisco 1, Santa Clara County 1, San Jose 1, California 1.*

Trachoma

One case of trachoma from Ontario has been reported.

Encephalitis (Epidemic)

4 cases of epidemic encephalitis have been reported, as follows: Alameda County 1, Richmond 1, Pomona 1, Merced 1.

Food Poisoning

One case of food poisoning from Merced has been reported.

Undulant Fever

3 cases of undulant fever have been reported, as follows: Humboldt County 1, San Mateo County 1, Fort Jones 1.

Relapsing Fever

2 cases of relapsing fever have been reported, as follows: Placer County 1, San Bernardino County 1.

Rabies in Animals

12 cases of rabies in animals have been reported, as follows: Los Angeles County 2, Glendale 1, Hermosa 1, Long Beach 1, Los Angeles 3, Santa Monica 1, Hawthorne 1, Santa Ana 1, Coronado 1.

* Cases charged to "California" represent patients ill before entering the State or those who contracted their illness traveling about the State throughout the incubation period of the disease. These cases are not chargeable to any one locality.

NATIONAL PROBLEMS

We wish to know what is going on; what the progress of science is; what leaders of the nations are doing; how our civilization is faring; and whether our community is what it should be. Though the matters to be dealt with are multifarious, one thing comforts us: only a people rich in culture has a wealth of problems. Nations that have slipped backward have been governed too little by what they knew or might have known, too much by indifference or superstition. Great changes swept over them before they realized what was happening. We wish to be alive to our country's needs and play a part in meeting them. We aspire to be free, realizing that freedom in our world of dense population is no longer a by-product of vacant lands, but a cultural achievement.—Prof. Leon J. Richardson, University of California.

"No matter whether you are rich or poor, you can not neglect the health of your children."

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